



Medical Task Force 10
HQ, Ibn Sina Hospital
Baghdad, Iraq

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The Staff

Much maligned Editors:

LTC Drennan & MAJ Lomshek

Staunch 1st Amendment

Defender and PSD for the

Press: CPT Heard

Ladies Magnet: CH. Leathers

The Quiet Storm: CPT George

The Accidental Soldier:

MAJ Flynn

Greenbeans Coffee Stock

Holder: LTC Al Clark

The Equalizer: SFC Shanklin

Voted off the Island (re-

deployed): MAJ Morton (good

luck Fear Factor!)

Keepin It real this month:

COL Anderson

Closet Elvis Fan: CPT Willis

Recently caught by "Courtesy

Patrol" sporting a thong

swim suit at the Palace Pool:

LTC(P) Mark "Cruisin" Smith

Exceptionally gallant

Mountain Medic whose name

just needs to be in print:

MAJ Cervantes

Gone Fishin (code for

drinking beer): D3 Enterprises,

a division of "1st Class

Vacations" Inc.



"Mountain Medics"

The Baghdad Enquirer

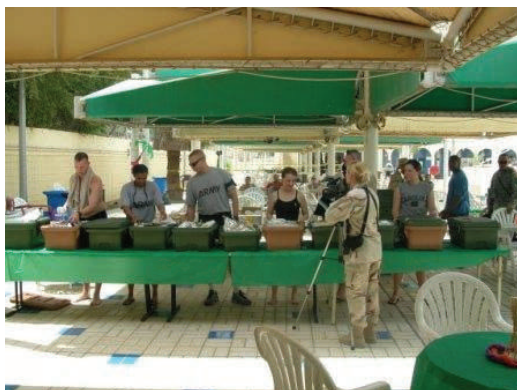
"The O-Day Edition"

Oooooooo (what a) day!

Organization Day, a day like no other, even if you are in Baghdad, Iraq. On a temperate Saturday in April, the 10th Combat Support Hospital deviated from the usual Ground Hog Day routine to participate in the time honored military tradition of "O-Day."



Grilled hamburgers and hot dogs were in abundance and the near beer was flowing (and tasting) like water. It was a day to remember indeed as CPT Cheney and his committee brought it all



together in the end (see related story: Murphy page 5) and the day was full of fun and surprises. There were numerous sporting activities including cards, B-ball and V-ball (see related stories in sports section).



10th CSH Soldiers were able to "let their hair down" a little and sport some long forgotten civilian attire, ah swimwear...



It was the place to be seen (some new reputations were established).



Or to just hang out with your favorite buddy...

D3 Direct... Baghdaddy Bits



True to my prediction from the last newsletter, it's HOT! We've been above 100 degrees for a while in both Baghdad & Tallil and it's doubtful we'll see double digit temps till we get into late SEP, just in time for our redeployment preparations. By the time this hits the press, we should be down to double digits for days remaining in this deployment. Our staff has begun the redeployment planning process in earnest with the goal of safely and quickly redeploying every Soldier and reuniting them with family and friends. As redeployment details become available, we'll share that information through the chain of command and Family Readiness Groups (FRG).

We're 70% complete on R&R leave across the Task Force with another big leave month to go in JUL. Having just returned from R&R myself, I can attest to the pain inherent in that lengthy travel, but also must say it was worth every moment spent back at home. Now if only someone would invent the instant cure for jet lag...

Our Soldiers continue to provide the very best combat healthcare for all our patients. And it seems their outstanding performance is being recognized more and more as every week another news agency appears to film, photograph or write an article about our Mountain Medic team. CNN, ABC, CBS, the New York Daily news and a host of other media have recently visited. A team from National Geographic has returned to finish a lengthy piece that should appear near the end of the year.

We've also been successful in establishing a Video Teleconference (VTC) link with installations in the States so that Soldiers and family members can spend some quality video time together. If your FRG would like to try to schedule that (although it may not be available from every installation),

contact MAJ Ryle at Fort Carson (Barry.Ryle@carson.army.mil or 719-526-1676).

Finally, there's an adage that no Marine ever took a hill out of the sight of a medic. The corollary for Army Soldiers is found in the last tenant of our Warrior Ethos, "I will never leave a fallen comrade." The Soldiers in our Medical Task Force embody that tenant daily as they exhaust every resource and every ounce of energy to treat and save the lives of the thousands of patients who have presented here. We exist as a deployable combat healthcare organization so that fellow Warriors on patrol and at remote outposts in Iraq can confidently execute their mission with the absolute guarantee that if injured, they will receive the finest combat healthcare ever available in any conflict. I can proudly attest to the great compassion, competence, professionalism and skill of our unmatched team. Many of you may have heard about a tragic vehicle born improved explosive device (VBIED) incident that occurred on Memorial Day and that resulted in a significant number of serious trauma patients evacuated here for treatment. At the end of that day, I sent the following message out to our Soldiers, a message that could be repeated for each of the 250 days that we have been deployed: "Today will be a Memorial Day that I hope none of us ever forget. Your superb performance as a combat healthcare team today saved the lives of civilians and Soldiers alike. Every leader from 1-12 Infantry, 4ID, MNSTC-I, MNF-I, and the Embassy thanked me for what you do every day. In 24 years of service, I have never seen a team of Soldiers perform so magnificently, so consistently. Today, you have changed Memorial Day from a day of remembrance of fallen comrades to a day of celebration of renewed life for injured comrades treated here and for their families."



**While the boss was away on R&R...
MAJ Kundinger and LTC Drennan take the
opportunity to kick back in the Colonel's office.**

TFS Corner...

Greetings from Task Force South! As the temperatures continue to increase in Tallil, so does the pace of our work here in Southern Iraq. We're now seven months into our deployment, but things certainly aren't slowing down. If anything, the tempo seems to be picking up the further into our deployment we get. Still, we continue to Soldier on and provide the best combat health-care available anywhere.

A key event this month was the celebration of National Nurses Week here at Task Force South. First observed in 1954, National Nurses Week honors the nearly 2.9 million nurses in the United States who serve a critical role in meeting the health care needs of the American people. In celebration of this occasion, the nursing staff at Task Force South planned a host of recreational and educational activities, providing a lot of morale-boosting fun while educating us all on the enormous value of nurses in the health care arena, both in the military and in society.

One of the most important jobs of any Army leader is to encourage our best Soldiers to reenlist to continue to serve our great country. The command team of B Company, 10th CSH is doing their part, and more, to make this happen. Since our arrival in theater, 22 Soldiers have made the decision to stay in the Army and to continue their service as Bravo Bulldogs. Their dedication to the defense of their nation and to their fellow Soldiers is inspiring, and I am personally very grateful to every Soldier who has raised their right hand and taken the oath to "Stay Army."



CPT Willis reenlists SSG Davis in front of the hospital

Soldiers do not always decide to reenlist on their own, however. Families play an essential role in this decision, providing the unconditional support for their Soldiers to allow them to make such a momentous decision. Our nation is blessed with

having the best trained and staffed military in the world, and this is due in no small part to the sacrifices made by our families. I cannot say enough how vital your continued encouragement and support is in allow-

ing us to accomplish the mission and in keeping our country free and safe.



SPC Beauchamp (S3 Section) is recognized as Soldier of the Month by SFC Genevich



SPC Starrett, SSG Davis, and SFC Triplett of the Administration and Logistics Ops Center keep this place running!

To all of you back at home, I want to thank you for your outstanding support for all that we do. It's been a long, but exciting eight months, with hardships borne and fellowship shared by all, and we simply could not do it without you. We'll be keeping you in our thoughts as we continue our duties here on the frontier of freedom.

-MAJ Ralph Deatherage

TFN Alpha Gators...

June is winding down and a hot July is about to begin. The biggest topic of conversation is the heat. Our Soldiers who find themselves outside pulling duty are doing a great job. The conditions are miserable, but they have a great attitude and continue to set a high standard. I am proud to note that eight months into this deployment and Alpha Soldiers are continuing to improve our facilities and seek professional development. The Soldiers on ICW 2 identified a need for a pediatric friendly hospital room. They pooled their resources and talents to design an "Under the Sea" themed room. Soldiers were able to forever leave their mark on Iraq by painting a variety of sea-life on the walls. Even 1SG Crew's scuba diver will bring a smile to an Iraqi child's face.

Professional and personal development has been abounding. Congratulations to SGT Locke for passing his radiology registry exam. A group of nurses received their Certification in Emergency Nursing (CEN). Numerous junior Soldiers (enlisted and officer), have undertaken the challenge and stepped outside of their comfort zones in order to obtain certifications in Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS). I also want to recognize SPC Nagashi and SPC Nino-Gonzalez for completing their long roads to obtaining American citizenship.

Keep up the great work! Eight down. Four to go!

- CPT Schaefer



"You might be an Alpha Company Gator if you consider putting on your IBAS and ACH, taking the bus to the Palace and having a Panini Sandwich poolside an integral part of your physical fitness program"

1972d CSC Arrives In Tallil...

The 1972nd Medical Detachment (Combat Stress Control), the newest arrival to Medical Task Force South, has truly hit the ground running. In the two months since their arrival, the 1972nd has settled in at over four separate locations to provide the very best mental health support to our Soldiers. Unlike the other units of Task Force South, the 1972nd often does not have patients come to them; they go to the patient. They have undoubtedly logged more miles, by both ground and air, than any other unit in the Task Force. Whether visiting checkpoints along supply routes to talk to Soldiers involved in combat actions, or doing one-on-one counseling with patients in clinics and offices, the 1972nd Medical Detachment is doing a super job of taking care of Soldiers.



LTC Mindt (Commander, 1972nd Med Det) and MG Herbst (Commanding General, U.S. Army Reserve Medical Command) at the LSA Adder Dining Facility



The life, times and random thoughts of an (old) Ibn Sina Fobbit...

It is with a heavy heart that I must inform our faithful readers that Baghdad Enquirer contributing editor, the old Fobbit MAJ Flynn, has return to the United States due to a freak accident. He is doing well and the surgery on his elbow is expected to straighten out his golf swing. We are optimistic. We hope to receive an occasional contribution from beyond...(CONUS).



P.S. Terry, just to bring you up to speed: IT IS HOT IN BAGHDAD! Everything else is about the same.



Also, it took us awhile to find a suitable replacement for you, because you have so many unique talents, ah I mean idiosyncrasies, okay-okay what I really mean is: disturbingly strange behaviors. Nevertheless, after an exhaustive search, it was finally decided to transfer the TFS monkey to TFN. As it turned out, it was no easy feat to execute this transfer as it took General Officer authorization. What finally convinced the GO was that we required someone who was balanced and not prone to accidents. The actual movement took 14 days as the monkey somehow was routed through Landstuhl. Anyway, 99.7 is doing well.

MY EXPERIENCE WITH MR. MURPHY

O-DAY 2006

I can remember the dog gone Junior Officer Council meeting 2 months ago that proved to be the source of my headache 2 days ago. Not technically a member of the 10th CSH, I was appointed Grand Poobah In Charge of the 10th CSH Organization Day by the president of the JOC. Since we had to motion for everything in the meeting, I treated my appointment as though I was being nominated for a position. I raised my hand, was acknowledged, and gracefully declined. It didn't work like that. I don't know how those guys got the idea that I know how to have a good time!!!

29 April 2006 had arrived. The theme, ironically enough, was chosen by my assistant, SPC Sexson, "Fun in the Desert Sun." I was looking for this day to be over before it started....but, oh well. I thought I had planned as much as I possibly could. Everything had been delegated to perfection. 1LT Lacer coordinated the location, CPT Conley handled decorations and set-up, SGT Wolfe was the sound system master / DJ, SPC Kim coordinated the volleyball tournament, and SSG Scott and SGT Lewis ran the basketball tournament and opening program.

Transportation was one of those things always up in the air. We opened up shop (the Dental Clinic) that morning at 0800 and were told we could close at 1000. But, of course, you know we didn't get finished until 1030. SPC Sexson asked me, "So who all is going to help out with the loading and transportation?" That was really the big question of the morning because we were stuck chair side and I got a last minute report that none of the vehicles could be dispatched because the Company CP wasn't open because they would be at O-Day....great! But to my surprise, folks started coming out the woodwork and walked into our operatory asking how they could help. I started to feel a little relieved. Then I had an almost tear-jerking moment. The Alphy Company XO, 2LT Rutkowske, brought me keys to the Ford Excursion and SPC

McGarity had keys to an Explorer. DJ SGT Wolfe was "Johnny on the Spot" with his equipment, and SGT Preston recruited SGT Nemith for some manual labor. For his services, I still owe SGT Nemith another game of Madden - I vaguely remember the first one.

The entourage rolled out to pick up the food. From day one, I wanted to barbeque poolside, but my higher suggested otherwise, so I canceled my thought and accepted the fact all the food would be cooked 100% upon pick-up. That was until we walked into the DFAC and they said the steaks, hamburgers, and hotdogs were only cooked 50%. "Sir, you have to give me charcoal... Thank you. Do you have any lighter fluid....NOOOOO!!!!!"

We had to keep moving to work our timeline, but I'm sure you can appreciate this big snag. The food I thought was going to be cooked, was not. We had charcoal, but no lighter fluid. That's like Kool-Aid with no sugar...and no crystal light in sight. When we got to the pool, the speaker system that we had coordinated for was now being given to a "2 star". We finally got the program started and stayed until 1700. Yes!!! That day is done.

Now, what really happened that day? Even though the program started 30 minutes late, people were in wonderful spirits poolside. They enjoyed a basketball tournament, some bathing suits, a water volleyball tournament, some more bathing suits, good BBQ due to some grill masters SFC Kerwin and SSG Jackson, and yes, more bathing suits (has it been 7 months?), cards, and some wonderful weather. For this my first O-Day ever attended, I was very delighted with the esprit de corps that could be felt, and very thankful to everyone who helped out. I almost felt like I belonged to 10th CSH. 502nd Dental CO "Rise Above!"

(Cont. See Murphy next page)

(Murphy cont) To elaborate on other activities, COL Doyle received a perfect 10 for his one and a half with a twist, which was admired in awe by CPL Vining. There were plenty of belly flops and red bellies as evidence. CSM Akana went baseline on folks in the water basketball court. The "ice-water" volleyball crew provided live entertainment. CPT Conley, MAJ Artis, LTC Ahearne, SFC Koutsalas, and SFC Shanklin received verbal reprimands for disturbing the peace of the "2 star" event, but I didn't care - I'm still salty.

Organizational Day Hoops Jam-boree: The O-Day Hoops JAM-boree was won by the "Miscellaneous Militia." This team was compromised of ballers from all over the Hospital. Members included SSG Milliner from the SOG, SSG Crosby from FST, SGT Ross from EMT (who was mauled by SGT Ford in the first game), and SGT Cruz from PM-ICS, (from what I understand, also felt the wrath of SGT Ford). They overcame a late surge of points from the "Lab Rats." The Lab Rats consisted of MSG Rosa, SFC Shanklin, SSG Arterson, and SPC Milford. Although the Lab Rats were heavier in rank, they weren't heavier in talent. The much anticipated appearance of SFC Shanklin was a disappointment, at best. What they lacked in talent, they made up for in points - PSYCHE! That's why they lost.

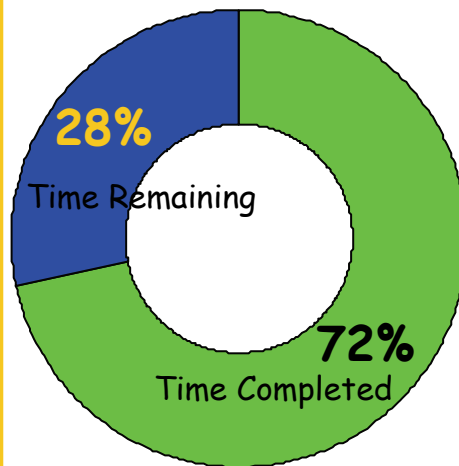
The volleyball tournament. The "Coconut Points" from the 10th CSH went undefeated all the way to the finals, where they suffered their first lost. Having to play a total of 9 games in one night, the team did not let up and gave a relentless effort, demonstrating the way all 10th CSH personnel handle business. Coconut Points members were SPC Fanuaea, SPC Molina, SGT Huber, SPC Fedeler, 2LT Nelson, SPC Bollin, CPT Palmer, and SPC Kim (Team Captain).

Once again, I would like to thank everyone who made Organization Day successful, and I hope everyone had a good time

-CPT Charley Cheney

According to the Baghdad Doughnut we are approximately 72% of the way through this deployment. Over seven-months down, less than five to go. You don't believe me? Check it out for yourself, the Doughnut is (almost) never wrong...

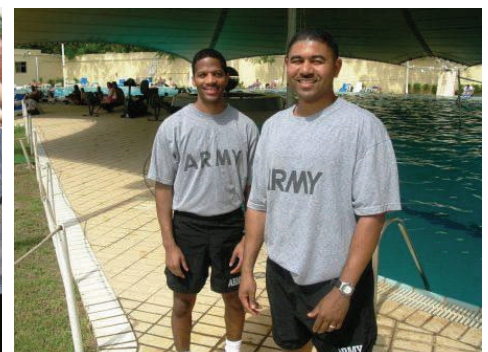
My Time In Baghdad



O-Day Pics



All those hours in the "Jailhouse" Gym have paid-off...



I think the Chaplain knows Somebody...

I saw a picture of a little girl at Fort Carson standing at the War Memorial pointing to the name of her father. The article under the photo discussed the number of children who will grow up without a father or mother because of this war. It was really sad. I hate that picture! Regardless of how much I hate it...war kills and lives are forever changed. Lord, bless the ones left behind to face this big old world.

How do we adjust in times like these? What can we offer to those whose lives have changed in such powerful ways? Perhaps you know someone personally who is dealing with this kind of pain. In the Gospels we are told of a time when people were bringing their children to Jesus for a blessing. The disciples were rebuking the people and telling them to get away because Jesus was too busy for them. However, the disciples failed to realize Jesus' compassion and love for these kids. Mark 10:13-14 says, "People were bringing little children to Jesus to have him touch them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.'" (NIV). Jesus offered these children himself as he took the time to touch and bless each of them. He still reaches out to the hurting and those who desire him.

In Romans 8:28 we are told that somehow God takes the troubles His people experience and turns them for good. I don't know how He does it but I know he does. My own father died when I was twelve. What a terrible day! In that day, and many that followed, you could not have convinced me that any good could be made from it. But, good has come. To make a long story short...through the benefits of his death, I was able to attend college and ultimately become your chaplain. Good came from a bad situation by the hand of God. I hope you agree with me. If not, keep looking for Him to take your lemon in life and make lemonade. Lord, do what you do best, love people. Amen.

When you offer comfort to those hurting do your best to instill hope for the future. Allow them to come to you and accept them as Jesus accepted the little children. Listen and love as Christ has loved us. Then pray with them that God will somehow bring good out of their situation. Thanks for taking care of others...CH Leathers

Recognitions in the Task Force

Promotions for May-June

MAJ Mark Smith	1 May 06	A Co
MAJ Ronald White	20 May 06	A Co
MAJ Elena Antedomenico	20 May 06	67 th FST
SSG Miguel Alvarez	1 May 06	HHD
SSG Marvin Spencer	1 May 06	B Co
SSG Peter Tardif	1 May 06	883d CSC
SSG Randall Dey	1 May 06	772d FST
SGT Francis Vitally	1 May 06	883d CSC
SGT Tyrone Murphy	1 May 06	HHD
SGT Jimmy McReynolds	1 May 06	A Co
SGT Christopher Ross	1 May 06	A Co
SGT Jessica Alexander	15 May 06	1972d CSC
SGT John Holliday	15 May 06	1972d CSC
SPC Jeffrey Smith	1 May 06	A Co
SPC Lekisha Skipworth	1 May 06	HHD
PFC Alastair Addie	1 May 06	A Co
MAJ Olivares	1 Jun 06	883d CSC
MAJ Socher	3 Jun 06	A Co
MAJ Robert Perkins	9 Jun 06	A Co
MAJ Mitchell Kok	19 Jun 06	A Co
CPT Erin Booker	1 Jun 06	B Co
CPT Chandra Ford	1 Jun 06	A Co
CPT Sonia Hearn	1 Jun 06	A Co
CPT Susan Bartram	2 Jun 06	A Co
MSG Zwicker	1 Jun 06	883d CSC
SSG Elijah Mack	1 Jun 06	A Co
SSG Lauretta Edamivoh	1 Jun 06	Rear Det
SGT Angela Calhoun	12 Jun 06	A Co
SGT John Salamanca	1 Jun 06	A Co
SGT Jessica Judge	1 Jun 06	A Co

SGT Levi Ortmann	1 Jun 06	A Co
SGT Ngoc Nguyen	1 Jun 06	HHD
SGT Mendoza	12 Jun 06	883d CSC
SPC Nicholas Schrader	1 Jun 06	B Co
SPC Zarrat Heard	1 Jun 06	A Co
SPC Yanni Sifuentes	1 Jun 06	A Co

Recently Selected for Promotions

MAJ Charles Fox	A Co
CPT Travis Moore	B Co
CPT David Steinbruner	A Co
CPT Darrell Peters	A Co
CPT Adam Trotta	A Co
CPT Gregory Whitaker	A Co
1LT Gloria Hernandez	67 th FST
1LT Katarzyna Dmoch	Rear Det
1LT Dominic Solari	B Co
1LT Kara Beattie	A Co
1LT Simeon Smith	A Co
1LT Jayme Kapfenstein	A Co
1LT Yvonne Lovejoy	B Co
CW2 Charles Martin	HHD

Recent Reenlistments

SSG Randall Dey	772d FST
SGT Angela Betts	1972d CSC
SPC Matthew Mitchell	772d FST
SGT Chacon	883d CSC
SGT Aibar Colon	B Co
SPC Lekisha Skipworth	HHD

PIRATED MOVIE REVIEW...AAARRRRRRR!

This Month Dougie-Doug Goes Potpourri



Whenever I go see a real movie in a theater, as opposed to watching \$3 pirated DVDs in Baghdad, I always rate the trailers for movies about to be released. I usually give each trailer a thumbs up, thumbs down, or 90-degree sideways thumb. It amuses my wife and friends, and passes the time during the 25 minutes that theaters now show previews. Aaarrrrrrrrrrrr!

At any rate, I decided to do something similar this month. Instead of mooching just one movie from someone, I mooched a whole movie album from SGT Ford and decided to rate a whole treasure chest (or, more likely, a tin full of packed sardines). I only picked one movie title to review from each page, and only picked movies I haven't seen yet. So here goes:

Two For The Money. Al Pachino, Matthew McConaughey, and Rene Russo. It's something about a gambler trying to hit it big, I think. I remember the preview looked intriguing. Does McConaughey step away from the romantic chick flick role? Sideways thumb.

Miss Congeniality. Sandra Bullock. Yeah, I don't think so.

Elektra and 13 Going On 30. Jennifer Gardner. Okay, Elektra died in Daredevil when the bad guy shoved her own "Sai" into her chest cavity, and I don't need another "parent – kid switch ages" movie. Gardner is good looking, but I haven't seen a movie for that sole reason since Striptease.

The Longest Yard. Adam Sandler, Burt Reynolds, Chris Rock. Sure it is a re-make and they're cliché, but it's probably okay. Thumbs up. (No, I've never seen the original either. I'm not as old as D3 yet, arrrrrrr.)

Doom. The Rock. I can count the number of good video-games-turned-movies on the fingers of Captain Hook's right hand. Thumbs down.

Frankenfisch. ??? Where the heck did you get that movie, SGT Ford?

Cinderella Man. Russell Crowe, Renee Zellweger. It did poorly at the box office and has a stupid title, but they say it's a good movie, and I'll bet they're right. Thumbs up.

Fun With Dick And Jane. Jim Carrey, Tea Leoni, Alec Baldwin. Overrated. Carrey's been downhill ever since Dumb and Dumber.

The Brothers Grimm. Matt Damon. **REALLY DUMB MOVIE. MY FRIENDS ACTUALLY MADE ME WASTE GOLD COINS ON THIS PIECE OF FISH SLIME!!!** (Okay, I did see this one, but it was so bad I had to chime in.) (Ditto review for Four Brothers.)

The Godfather I, II, and III. Old actors. I admit, I've never seen any of these. Thumbs up.

Home Alone I, II, III, and IV. McCauley Caulkin. Those robbers should have killed that twerp in the first movie and saved him from his future drug habit.

Spanglish. Adam Sandler. Sandler has exactly two types of movies: romantic comedies with Drew Berrymore, and a guy who gets so pissed it's funny. Cliché Sandler. Thumbs down.

Firewall. Harrison Ford. Typical Ford movie. Good guy forced to do bad by bad guys who have his family, and use them, for leverage. Sideways thumb.

Jarhead. ??? I might do a full review on this one, but I'm sure it's wholly unrealistic as far as the military and war are concerned. However, I'm told it makes Marines look dumb, so...

Ladder 49. Juaquin Phoenix, John Travolta. Sorry, I already saw Backdraft. Thumbs down.

Charlie And The Chocolate Factory. Johnny Depp. Depp scares me.

The JOC...

The past two months have been filled with JOC sponsored events around the CSH. Many of our high speed junior officers have stepped up and spear-headed the committees that produced the now monthly Poetry Night, Cinco de Mayo celebration, and the biggest one yet: O-Day.

POETRY NIGHT

This past Poetry Night was put together by 2LT Jennings' committee and hosted by SSG Depina. The event was staged as a contest where the poems were critiqued by a panel of judges from all ranks. There were some wonderful poems and even a "Vote for Pedro" dance performed by SGT Locke, who wore the t-shirt and all. SPC Canale, with the help of 1LT Hopmann's vocals, performed a hip-hop flava'd poem about his relationship with his dad. His poem placed third.



CPT Cheney showed his poetic skills by reciting a poem also about him and his dad. This poem got second place. "The Chocolate Man", SFC Koutsalas, mesmerized the crowd with the latest edition of his chocolate series titled "Chocolate II". His poem was rated first by the judges. It was an entertaining and

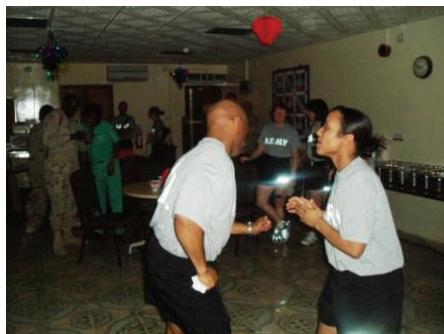
eventful night for all in attendance.



CINCO DE MAYO CELEBRATION



Cinco de Mayo celebrates when the U.S. and Mexico joined forces to fend off the French invaders attempting to overtake Mexico. This celebration has been a Mexican tradition for over 100 years now. The JOC, with the leadership of CPT Foster and CPT (Cadillac) Escalante, facilitated the celebration of Cinco de Mayo with some traditional Mexican music, latino music, reggae, hip-hop, and dancing from traditional Mexican to contemporary hip-hop. The evening was a wonderful chance for all involved to just relax and let go - and we did just that. A big thank you to SGT Wolf for DeeJaying the event.



ORGANIZATIONAL DAY

Well, if you liked O-Day, hug your dentist, CPT Cheney. He was the one in charge of putting O-Day together. I say give him his "props" because if it would have fallen apart, he'd be taking the hit for it right now. But it was great! It was a real escape from the reality of being in theater, which LTC Agin can truly appreciate. (Yes, she was there, too!) There was a basketball tournament, a volleyball tournament, and people just having fun in the sun and in the pool. Everyone really seemed to enjoy themselves and unwind, which is what it was all about. A special thanks to SSG Jackson for manning the grill. The food was great. For those of you who missed it, don't worry. The JOC will be planning another big bash before the 10th CSH pulls out of theater. Thanks again, CPT Cheney. You did a great job!

So, What's Next? COMING SOON

The 10th CSH Talent Show, Part II will be organized by CPT Ford and CPT Wilcox. This will showcase on July 31, so think about what you want to do for the show because the 31st will be here in no time.

The Trauma Symposium will be 30 June at the palace. This event is huge! People are coming from all over theater for this and we are encouraging our people to support it, so look for the flyer and contact CPT George with any questions.

Poetry Night., 4 July 06 1930-2300 RTD DFAC

Inservice on finances time, date and place TBA.

The JOC monthly meeting is the first Friday of the month in the Jones Hall library at 1930. Look for the flyers.

The JOC bulletin board is in the 1st floor hallway between the hospital and Jones Hall, courtesy of CW2 Martin and SFC Lymos. Thanks, guys. You did a great job!

-1LT D'Angelo Austin

SIGNS OF THE TIMES

By TOP Crews

Aries (March 21-April 19). You will feel as if you are separated from love ones today. You will feel a continual improvement in your financial situation. Pay attention to your wardrobe and ensure you do not become too creative with your fashion sense.

Taurus (April 20-May 20). What a hot day. The stars feature moments of romantic lust, desire is in the air as the thick scent of cactus fills the air. It is not a good time to start new romances or flings. Consider reading a good book and playing volleyball to avoid romantic relationships. Romantic relationships could cause career difficulties.

Gemini (May 21-June 21). You have a positive effect on the team. You lead when it is time to lead and follow when it is time to follow. Resist the urge to degrade superiors to your subordinates. Remember to be a positive influence and to live the organization values. Arrogance is a cancer that should be avoided right now. Think teamwork.

Cancer (June 22-July 22). Your body is telling you that you need to drink water. Avoid soda and drink water as there is no substitute. This also may keep your 1SG from coming in at 0200 in the morning to look at your damn kidneys "J"...

Leo (July 23-Aug. 22). You have an aggressive personality and like to be in charge. If you're asked to relinquish your control over a situation, do so gladly. Your freedom brings the opportunity for a fascinating experience.

Virgo (Aug. 23-Sept. 22). The alignment of the planets encourages you to give your endeavors the personal touch. Any pursuit that includes glamour, style and elegance will not only be lucky for today, but will also have a lasting influence on your identity. However, do not let your style cause you to violate the uniform policy. The alignment of the stars state that uniform violations will likely cause you to experience a Severe Emotional Traumatic Experience (SETE) with CSM Akana.

Libra (Sept. 23-Oct. 23). You are feeling calm and rationale today. There is walking instead of running, talking instead of shouting, salt instead of hot sauce. Your heart is reaching out to give hugs. Refrain from an over abundant show of emotion. At least in front of the older saltier NCOs.

Scorpio (Oct. 24-Nov. 21). You are going to have a great day at the mailroom. You will receive a great deal of mail reminding you of the loved ones that support you. Don't eat all of your goodies. Share with other Soldiers as you don't need the calories.

Sagittarius (Nov. 22-Dec. 21). It's so desirable to thank the people around you who make your life easier, especially those who might normally be overlooked (Little Bit). Tonight, you make a memorable impression on someone important to your future. Eat cheese and eat plenty of it.

Capricorn (Dec. 22-Jan. 19). Resist the urge to be a night owl? You should resist the urge to attend midnight chow to socialize. Get the extra sleep and cut back from the 4 meal a day process that is capturing your desire.

Aquarius (Jan. 20-Feb. 18). It is time for you to increase your physical fitness. You should wear weight bearing equipment to walk long distances. Offset the style with a popular set of ballistic eyewear. As your hormones rise you will feel the urge to carry a weapon with ammunition. Don't fight this urge, just roll with it.

Pisces (Feb. 19-March 20). Though you may not have a burning secret, you certainly appear to. That's why you're capturing the attention of interested parties. Some of this attention is unwanted, but you handle it beautifully. However, the parties may look at you wondering why you are still wearing scrub tops to the chow hall.



New MTF 10 Arrivals...

SGT Richard Sims, 67th FST, and his wife brought a new daughter, Emily Sims, into the world.

SPC and Danielle Canale welcomed their new daughter Lillian Lynn on 6 May 2006.

The Sports Page I

Mountain Medics!



Volleyball!

10th CSH O-Day Volleyball Tournament...

Following a gluttonous hording of hamburgers, hotdogs, chicken (a whole one for some), cake, pie, and pop (soda for you East Coasters, Coke for you Texans), and a Olympian display of belly flops, back breakers, cannon balls, and spank-the-babies off the diving board at Liberty Pool, the beach volleyballers of Medical Task Force 10 (North) headed for the sand court at the PCO Compound.

The players organized themselves into four 6-man (sorry, I'm not PC) teams. Overall, the talent was very evenly distributed, if by evenly you mean seniors in high school taking on fifth graders in dodge ball. Or, if you prefer a less bloody analogy of another sport, it would be like a baseball division made up of the New York Yankees, the Boston Red Sox, the Tampa Bay Devil Rays, and the Kansas City Royals. But that's not quite accurate, since even the Devil Rays and Royals win 25% of their games. But I digress.

The teams were: the New York Set & Killers, captained by SPC Hoon Kim, with a \$512 billion dollar payroll; the Boston Slammers, captained by 1LT Tom O'Keefe, with a mere \$465 billion dollar payroll; the Scrappers, with no captain (they're scrappers), who agreed to play only if they got seconds on ice cream at the mess hall that night; and the Single A Sand Devils, acting-captained by MAJ Doug "Happy Gilmore" Lomshek, with a 25 cent pog payroll.

The tournament bracket was established using an elaborate "rock, scissors, paper" technique, and the action started at 1600, with the Iraqi sun beating down. By luck of the draw, the two powerhouses faced off first, meaning either the Scrappers or the Sand Devils would get at least one small snippet of victory before

being rudely awakened by the cruel reality of defeat.

It was a very close match with some great volleys, spikes, blocks, and digs. For the Set & Killers, SGT Carol "Johnny Damon" Ford made some great plays, including several saves and kills. Reminiscent of some 1890s baseball players, Ford signed contracts with as many as 6 teams days prior to the tournament. This was especially confusing since there were only 4 teams in the tournament. Earlier that day at Liberty Pool, she verbally committed herself to the Sand Devils. However, minutes before the tournament started, and with no league sanctioning rules in place, Damon opted to play for the Set & Killers. She was quoted after the tournament as having said, "Well, look who was on the Sand Devils." Despite a very close match against the Slammers, the Set & Killers walked away victorious.

The following game pitted an equally even match-up, although for very different reasons and on a vastly different end of the talent spectrum. The Scrappers, led by CPL Jarrod "Crimson" Vining and SGT Daniel "Bear Claw" Meaux, started off strong, taking the first game. SSG Terrance "Smiley" Lawson slammed several balls down some Sand Devils throats. However, the Sand Devils came back strong and went onto win games 2 and 3, thus taking the series. In a brilliant display on the court, "Tourette's" Lomshek put on one of the best performances this reporter has ever seen. No, not because of his play, but because of his post-every-volley string of profanity-laden tirades laced together in some of the most colorful combinations imaginable. Furious screams of "#*\$^@*" and "*%&*(^\$#!@!*" were heard echoing across the IZ. He made battle-hardened Marines blush and young Iraqi children cry. Somewhere in outer space, there is a tapestry of perfectly woven profanity floating into infinity.

With the winners' and losers' brackets set, the initial winners got to rest as the Scrap-



pers tried to salvage their season and save their tournament lives against the Boston Slammers. But, alas, not even "Bear Claw's" patented hook-and-hold-for-5-seconds throws could save the Scrappers. Although a scrappy, talented bunch, they were eliminated. No ice cream for you.

Next, the winners' bracket participants took the court: the Set & Killers versus the Sand Devils. There were dazzling displays of agility from "Damon" Ford, finesse from "Steinbrenner" Kim, and power from SPC "Oh God, please don't let him hit it at me!" Fan. In a closely disputed contest with both sides possessing near-equal talent, the Set & Killers narrowly pulled out a series victory in 2 games by winning 15 to 2, and 15 to -26. The next stop for the Sand Devils was the losers' bracket.

Although down from their first loss of the tournament, the Sand Devils quickly turned it around against the Slammers. "Rudy" Rutkowske dinked a couple over the net and "Red" Canale and "Cannon" Anderson were able to ace a couple of serves to give the Sand Devils 4 consecutive points. Unfortunately, the Slammers had already scored 14 straight. In a dazzling display of dunks, slams, kills, and no mercy, the Slammers put it to the Sand Devils. "Dinks" O'Keefe was everywhere saving more balls than a [insert good ball-saving analogy here]. Besides setting the ball perfectly, Dan "Et Tu, Brute?" Bridon blocked and killed his fair share. The Sand Devils were simply over-towered and over-powered by the all-male Slammers. The average height of the slammers was 6 feet,

Continued next page

The Sports Page II



2 inches, while the average height of the Sand Devils was the size of Mini-Me of Austin Powers fame. In the end, the Slammers crushed the Hoosiers-like dreams of the Sand Devils 15 to 4 and 15 to 2.

The championship match was truly a sight to behold. Volleys, sets, and slams were followed by blocks, saves, and digs. Although exciting up to the first five serves, this reporter started swatting at bugs, and it was past my bedtime. Since I didn't see the final match completed, I'll have to rely on hearsay. Reportedly, the final score was Sets & Killers 16, Slammers 14, Mosquitoes 286.



Other O-Day Activities...



10th CSH Women's Runners Dominate at Palace 5K

New faces and fresh legs prevailed at the Baghdad Palace 5K as the Women's Under 40 Category was swept by the 10th CSH. 2LT Kimberly Soer prevailed taking first, followed by SPC Christina Nelson (Bloodhound) in second and PFC Catlin Bradley (OPC) in third. 1LT Matt Bowe face tough competition in the Men's Under 40 Division running to a second place finish.

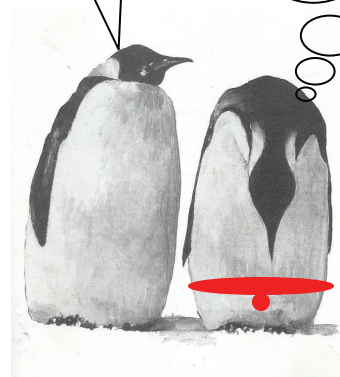


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MNF-I Policy
strictly states
NO Speedo's
MAJ K!

*But I bought these special
for O-Day CSM*



The anthem of those that heal...

By Major Rich Morton for my beloved brothers and sisters of the 772nd FST and the 10th Combat Support Hospital

Day after day our campaign is the same, easing pain, we sustain, and remain even when blood flows from canvas and flesh like rain...we hold firm, through the burns, blasts, fragments, and mass of chaos and loss that defines the cost.

A calm voice, willing hands, a soft touch, a solid plan, helping others to understand, even when chaos strikes again and our own eyes fill with mist, we still persist, and resist the desire to cease and desist... we work together to assist...with one common goal: to keep them with us...

Long days, longer nights, shallow breaths and crimson tide defines the plight, and with all our might we put self aside, and fight with sutures, clamps, and ties...watch the rise, feel the pulse, warm the cold, stop the loss, restore the flow, dress and cover, hoping to save another...

The battle here, isn't fought in the field, but it's real, the fight to heal, and steal from death the victory, winning liberty, humanity, and freedom from the oppressive profanity of anger and hate, even while some might debate, we care on till the end to bring them all home again.

No greater love, our bible states, is found than that of self sacrifice for other's gain, we see that day to day, in everyway, as we do we what we do to help our brothers and sisters to make it through, and go back to do the things they must do.

Here so far away, we stay and pray for a day when all our hope and faith will break the bonds of hate and create a place were men, women and children can live safe. Dignity and unity, define our destiny to overcome, until the battle is done...and freedom is won and can not be undone.

When they speak of these days, long after we have left this earth, they will speak of hope, tears, love, fears, dedication, separation, trepidation, and admiration, emotion, commotion, and unwavering devotion.

The anthem of peace will be strengthened by remembrance and perseverance, that reminds and defines, these times when we bought, taught, fought and paid for the precious lives of those we'd saved... for ours is the anthem of those that heal...